

Air Force Prime Time, a weekly news magazine for and about airmen stationed overseas, airs Thursday evenings at 8:25 p.m. Central European Time on AFN television. In this week's edition, Green Flag Weapons — Training With Live Ammo, Freedom of the Burrough — UK town Honors 3rd AF and more.

News briefs

Court martial

An airman from the 52nd Equipment Maintenance Squadron was found guilty in a general court-martial here and sentenced Sept. 26.

Airman 1st Class Allan Picardo was found guilty by a panel of court members on two specifications of stealing merchandise worth more than \$100.

Between July and December 1999, Picardo conspired to and stole property from the Army and Air Force Exchange Service.

Picardo was sentenced to a bad conduct discharge, confinement for six months and reduction to the grade of E-1.

Holiday hours

The following Army and Air Force Exchange Service facilities close Monday, Columbus Day.

■ Spangdahlem - military clothing, car care center, Popeyes, flower shop, SIXT car rental and service mart. The commissary also closes Sunday.

■ Bitburg - furniture store, service mart, Dold Exquisit, movie theater, H & R block. The commissary also closes Tuesday.

Operating hours for other AAFES facilities are:

Spangdahlem

■ Burger King - 8 a.m. to 8 p.m.

■ Barber and beauty shops - 8 a.m. to 5:30 p.m.

■ Filling station - 8 a.m. to 6:30 p.m.

■ BXtra - 9 a.m. to 10 p.m.

■ Alterations - 9 a.m. to 5 p.m.

■ Main exchange - 10 a.m. to 6 p.m.

■ New car sales - 10 a.m. to 6 p.m.

■ Anthony's Pizza - 10:30 a.m. to 8 p.m.

Bitburg

■ Car care center - 8 a.m. to 4 p.m.

■ Filling station - 8 a.m. to 6:30 p.m.

■ Burger King - 8:30 a.m. to 6 p.m.

■ Main exchange and new car sales - 10 a.m.

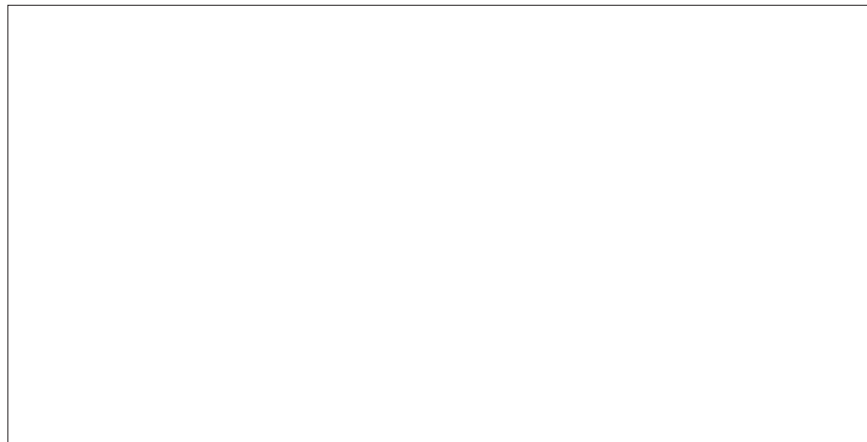
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Eifel Times

Vol. 34, Issue 37

Spangdahlem Air Base, Germany

Oct. 6, 2000



Airman 1st Class Kimberlie Drews

Croatian Phiblex 2000

Staff Sgt. Terry Daugherty, 52nd Communications Squadron, sets up an Air Expeditionary Force Initial Communications Package in support of the recent exercise, Phiblex 2000, in Split, Croatia. More than 600 U.S. military members participated in the exercise, which took place Sept. 25-29. Phiblex 2000 was designed to promote regional stability, improve common understanding of doctrine and training, and practice interoperability between U.S. and Croatian forces.

USAFE officials hope to beat 1999 CFC \$2 million donation

RAMSTEIN AIR BASE, Germany — The 2000 overseas Combined Federal Campaign kicked off Monday, and command officials expect the generosity of contributors to help top last year's overseas contributions of more than \$9.9 million.

"Last year's campaign was the most successful overseas campaign ever. People in Europe donated more than \$5.4 million. European contributions in 1999 topped the 1998 figure by more than \$1 million, and USAFE raised nearly \$2 million of that amount," said Greg Sassman, director for the Combined Federal Campaign-Overseas Europe.

"USAFE people have always been extremely generous, and I'm sure this year's campaign will be a tremendous success," he said.

"Ideally, we'd like our unit representatives and key workers to reach everyone in the command to give them the opportunity to participate in this year's campaign," he added.

Sassman, who assists with the training of key workers, unit coordinators and project officers at every U.S. installation in

Europe, said, "The great thing about the CFC is choice. This year's campaign has more than 1,300 charities participating and people can always specify where their money goes."

"Last year, men and women overseas donated \$9.9 million because so many of you care about improving our communities and helping those who are in need," said USAFE Commander Gen. Gregory Martin. "This year's theme is 'Make a World of Difference.' In making a CFC pledge, our collective participation will go a long way in improving many lives."

Contributors also have the option of seeing their money being put to use at home, supporting on-base family support and youth activities, said Sassman.

People who would like to make a contribution should call their installation project officer if they aren't contacted during the campaign. For more information on CFC-O, call an installation project officer or call the CFC-O hot line at DSN 480-2423, or commercial at 490-6371-47-2423. (USAFE News Service)

Base closes out fiscal year with quality-of-life gains

By Paul Bessler
52nd Comptroller Squadron

There wasn't a gala event at the Eiffel Tower or a dropping of the ball in Times Square, but Spangdahlem Air Base sent the fiscal year out on a high note.

Through Team Eifel efforts, the wing scrubbed each financial nook and cranny to ensure the biggest bang for the buck. Wing comptrollers, contracting members, and group and squadron resource advisors worked round the clock validating

expenses and clearing accounts, preparing for close out.

Annually, the federal government closes its accounting books for the fiscal year ending Sept. 30. At the local stroke of midnight, the wing isn't allowed to spend money and all the remaining dollars in its budget are returned.

Although returning money to the U.S. Treasury isn't a bad thing, the wing has more valid funding requirements than money received. So, in the months before

close out, wing leadership determines priorities using mission and a quality-of-life listings. Finance squadron members then scrub accounts and work with resource advisors to validate the requirements.

While it might sound simple, the process is complex because of Congressional funding and spending constraints.

As the books are cleared, and the various types of fund balances are

identified, the wing commander gives his approval for purchases from the prioritized listings. That's when contracting comes into play.

In the weeks before close out, contracting members work with the prioritized list preparing to make approved item purchases. The money is allocated through the comptroller squadron to the resource advisors who

See Close out, Page 2

Failure to adjust speed results in 'totaled' auto

By Tech. Sgt. Franklin McElhaney
52nd Security Forces Squadron

There were two major vehicle accidents involving people from Spangdahlem Air Base in the Eifel region from Sept. 27 to Sunday. One accident resulted from "speed too fast for conditions."

The first accident happened on L-39 from Speicher toward Bitburg. A driver lost control of the vehicle when entering a curve, causing the vehicle to slide 50 feet and into a guardrail. The car was completely disabled and required towing. The road was wet, causing slippery conditions.

The second accident occurred on Autobahn 6 near Luxembourg. Two military members were transported to St. Elizabeth Hospital in

Luxemburg. The passenger was examined and released. The driver was treated for injuries then released. Traffic was heavy when another car made a pass in between a truck and the American driver, causing the American driver to swerve and hit a guardrail. The driver in this accident wasn't at fault. The results of this accident were lessened by the practice of good defensive driving measures.

In addition, there were six minor accidents:

■Most accidents involved speeds under 30 mph

■All but one of the accidents were in parking lots (dining hall, Bitburg BX, etc.).

The personal cost this week for minor accidents totaled \$4,340.

CFC

Airman 1st Class Bradley Church

Gen. Gregory Martin, U.S. Air Forces in Europe commander, shows his support for the Combined Federal Campaign season Sept. 27 during the USAFE Fall Commanders Conference at Ramstein Air Base, Germany. Accepting his check is 1st Lt. Rene Alaniz, Ramstein's CFC project officer.

Close out

Continued from Page 1

coordinate the end of year purchases. Items are contracted or purchased through contracting or base supply. Regardless of who makes the purchase and what it's for, people can rest assured it's the best deal

for the wing overall.

This year, the wing purchased \$2,083,000 in mission requirements and \$157,300 in quality-of-life requirements. Those purchases included computer replacements, communications and life support equipment on the mission side.

Skills development center, dormitory, child development and youth center equipment was purchased to enhance base quality-of-life.

While the comptroller and contracting squadrons are key players in the close-out process, each squadron and agency came

together to ensure the old year went out penniless, which in this case, is a good thing.

Thanks to all of those who worked long and hard at trying to make Spangdahlem a better place to work and live, and Happy New Fiscal Year.

Briefs

Continued from Page 1

to 6 p.m.

■Shoppette, Box Office Video - 10 a.m. to 8 p.m.

■Optical shop, Willi Geck and Unique Gifts - 11 a.m. to 6 p.m.

■Anthony's Pizza - Noon-6 p.m.

School playground closure

Bitburg Elementary School playgrounds close until further notice for safety concerns. Children aren't permitted to use the equipment until repairs are complete.

Importation ban

An immediate ban on the importation of privately owned firearms to Germany is enforced by the U.S. Army, Europe.

This is to avoid the possibility of criminal prosecution for unauthorized possession of weapons under German law. The ownership and possession of firearms is prohibited by German law unless the owner has a German Weapons Possession Card. Headquarters, USAREUR, and the German Ministry of the Interior are developing procedures to enable military and civilian personnel assigned to Germany to get these cards through the

USAREUR Central Registry. Call Staff Sgt. Bob Diamond, 52nd Transportation Squadron traffic management office, at 452-6027 for more information.

Blood drive

The 52nd Civil Engineer Squadron blood drive takes place 10 a.m. to 2 p.m. Wednesday at the Community Activities Center. Call Senior Airman Christopher Jones at 452-6738 for more information.

Road closure

The road linking L-46 to B-50, leading to Herforst, Zemmer and Orenhofen, is closed for repavement through Oct. 13. Travelers should detour through Binsfeld and expect additional travel time to the base.

Heat in housing

The heat is on in Spangdahlem and Bitburg family housing, and government-leased housing units. Call the following points of contact concerning heating problems:

■Spangdahlem 24-hour service, 452-6686

■Bitburg, 24-hour service, 453-7156

■Herforst, during duty hours, call 06562-2940

After duty hours, call 06580-8594

■Binsfeld/Speiser, during duty hours, call 06562-969699

After duty hours, call 0172-5268718

■Speiser, during duty hours, call 06562-2901

After duty hours, call 06580-1202

Gas mask inserts

Deployable members are encouraged to order gas mask inserts and glasses as soon as possible since it can take a minimum of two weeks before delivery.

Members with an eyewear prescription of less than one year old may visit the optometry clinic 7:30 a.m. to 4:30 p.m. to place an order. Call the clinic appointments desk at 452-8333 to schedule an optometry checkup.

Also, people who have received new gas mask inserts should do a gas mask fit test. Schedule a fit test by calling 452-8348. Call the optometry clinic at 452-8325 for more information.

Software training

The Wing Software Training Program offers Microsoft User Application classes to military, Defense Department civilians and non-appropriated fund employees. An

Outlook class takes place Wednesday and Intermediate Word takes place Oct. 18. Call 452-5384 for details.

Free pickins'

Military community members are encouraged to pick the fruits growing on base trees. The fruit is edible since pesticides aren't used. The fruit is available on a first-come, first-served basis and are only for personal consumption. Call Rudolf Schmitz at 452-6167 for more information.

Taco shell recall

Kraft Foods has voluntarily recalled all Taco Bell Home Original taco shell products sold nationwide. Of the three products affected by this recall, two are carried in DeCA Europe commissaries:

■Taco Bell Taco Shells — UPC 02840000417

■Taco Bell Dinner Kit — UPC 02840001170

Customers who have these products at home should look for the barcode and the number which accompanies it and compare it to the numbers above. They should then dispose of this product or bring it back to their commissary for a full refund.

Viewpoint



Tech. Sgt. Darrell Brewer, 386th Air Expeditionary Group Public Affairs, Ali Al Salem, Saudi Arabia, asked 386th Expeditionary Air Control Squadron members two questions, "Is there something that you wish you would have brought with you but didn't?" and "If you could go back to Spangdahlem Air Base for a day, what would you do?" Here's what they said:



Airman 1st Class Bradley Anderson

386th EACS computer maintenance

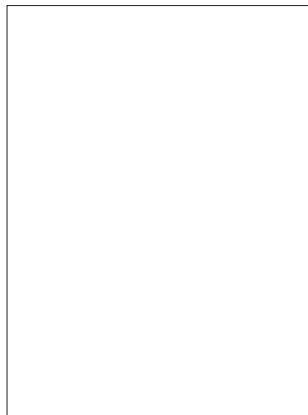
"More sandals. It's so hot out here. Your feet get real hot and sandals are perfect out here.

"Go to Burger King. Call my family and check my Hotmail account. I probably have 300 messages."



Senior Airman Shawn Montgomery
386th EACS operations

"Playstation and gummy bears. I'm a gummy bear fanatic.
"Hang out with my son."



Staff Sgt. Jason Havranek
386th EACS operations

"I brought everything I need. I've done this several times before.
"Go out to country night with my buddies at the Spang club."



Master Sgt. Rand Singleton
386th EACS intelligence

"Probably some swimming trunks. I didn't know they had a place to swim here.

"I think I would actually enjoy a little bit of the clouds and rainy weather with my family. I haven't seen a cloud since I've been here."

Twelve wing members punished under UCMJ

Compiled by the 52nd Fighter Wing legal office

During the past month, the following people received punishment under Article 15 of the Uniformed Code of Military Justice.

To date, commanders around the wing have imposed more than 91 actions under Article 15.

■A master sergeant accepted non-judicial punishment and received a reduction to technical sergeant for violating a lawful order.

■An airman accepted non-judicial punishment and received a suspended reduction to airman basic, forfeitures of \$150 pay for two months and 14 days restriction for breach of peace.

■A major accepted non-judicial punishment and received a forfeiture of \$800 pay for two months for

driving under the influence.

■A senior airman accepted non-judicial punishment and received a forfeiture of \$200 pay for dereliction of duty.

■An airman first class accepted non-judicial punishment and received a suspended reduction to airman, 30 days restriction and a reprimand for dereliction of duty and disorderly conduct.

■An airman accepted non-judicial punishment and received a reduction to airman basic and 30 days restriction for driving under the influence.

■A senior airman accepted non-judicial punishment and received a suspended reduction to airman first class and forfeiture of \$667 pay for two months for being disorderly.

■A staff sergeant accepted non-judicial punishment and received a suspended reduction to senior airman and a reprimand for adultery.

■A senior airman accepted non-judicial punishment and received a suspended reduction to airman first class, forfeiture of \$100 pay, 30 days extra duty and a reprimand for being disorderly.

■A master sergeant accepted non-judicial punishment and received a reprimand for conspiracy to violate a lawful order.

■A senior airman accepted non-judicial punishment and received a reduction to airman basic and \$100 forfeiture of pay for forgery.

■An airman first class accepted non-judicial punishment and received a reduction to airman and 30 days extra duty for failure to go.

Spang security forces to take on Defender Challenge

Capt. David Ramirez
52nd Security Forces Squadron

Security Forces determines its best by competing Oct. 29 through Nov. 4 at the annual Defender Challenge competition at Lackland Air Force Base, Texas.

Defender Challenge pits U.S. Air Force and allied security forces teams against each other, testing squadron security skills and knowledge.

Teams representing the Royal Air

Force Regiment and 10 U.S. Air Force major commands display their skills in several events.

This year, four out of five 52nd Security Forces Squadron members who tried out for a position qualified to join the eight-member U.S. Air Forces in Europe Defender Challenge team.

Chosen to represent USAFE in Defender Challenge competition are Capt. Matthew Wadd and Staff Sgt. J.T. Hawk, who will compete for the second year in a

row, and newcomers Senior Airman Armando Daniel and Airman 1st Class Gregory Littlejohn.

To qualify for the USAFE team, members took a physical fitness test and competed in a 9 mm combat pistol shoot, an M-16 combat rifle shoot, and a fitness run at a two-week selection camp held Aug. 27 through Sept. 8 at Sembach Air Base, Germany.

Hawk earned gold medals in the 9 mm pistol and the M-16 rifle competitions and

a silver medal in the fitness run. Daniel earned a gold medal in the fitness run and a bronze medal in the fitness test. Smith earned a bronze medal in the M-16 rifle competition.

Two wing security forces members joined the USAFE team in last year's competition, Wadd and Hawk.

Hawk took first place in the M-203 grenade launcher competition.

Base fire department sparks prevention parade, contests

Inge Lersch
52nd Civil Engineer Squadron
Fire Prevention

Spangdahlem Air Base Fire Prevention Week takes place Sunday through Oct. 14. This year's event theme is, "Fire Drills: The Great Escape!" focusing on developing home fire escape plans and emphasizing the importance of practicing them.

Over the past two years, the National Fire Prevention Association has attributed the saving of 58 lives as a direct result of this campaign.

This year's goal is to ensure more families are prepared to survive a home fire than ever before. Base families lacking a home fire escape plan are encouraged to make a plan today.

Fire prevention week activities include:

- Firefighters parade through the Bitburg housing area takes place at 1 a.m. Oct. 14. Following the parade, a static display of fire trucks, free hot dogs and sodas, games, prizes and handouts for children at the middle school parking lot.

- Fire department teams and Sparky will visit Spangdahlem and Bitburg elementary schools, child-care centers, youth centers, and family daycare homes to teach fire safety.

- A poster contest takes place at base elementary schools and an essay contest



Courtesy photos

Bitburg housing area children follow a Spangdahlem Fire Department truck during last year's fire prevention week parade.

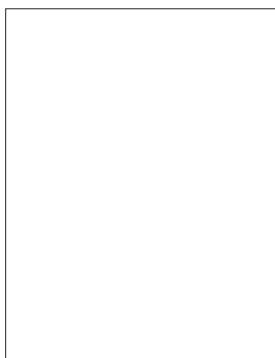
takes place at the base middle schools.

- Fire prevention specialists will give demonstrations and training to base personnel.

- Fire prevention displays and information will be placed around the base.

- Eifel 105 will hold a fire prevention and safety knowledge contest throughout the week.

Make this week a time to become more fire prevention conscious and continue this practice throughout a lifetime. The Spangdahlem Fire Department looks forward to an informative and fun Fire Prevention Week with the base community.



Children wait their turn for a ride in the fire truck basket.

Jewish Holy Days call for self examination

Master Sgt. Dave Berry
52nd Security Forces Squadron

All of the world's religions have a special time or season where one is required to evaluate their deeds for the past year. A time where we look hard at ourselves, and if required, seek forgiveness from man and God.

To the Jews, this time is called the "Yomin Noraim" the Days of Awe, or simply the Jewish High Holy Days. This season includes Rosh Hashanah, the Jewish New Year, and Yom Kippur, the Day of Atonement.

According to an ancient Jewish tradition, Rosh Hashanah marks the birthday of the world, commemorating God's creation. The Yomin Noraim, from ancient times, has been a time set aside for Jews to evaluate their deeds, both good and bad, make amends, and seek forgiveness from both man and God.

However, before Jews can seek God's forgiveness, they must first seek the forgiveness of those they have wronged. Therefore, Jews consider this season to be the holiest time of the year.

Ancient Jewish tradition says that they're judged on Rosh Hashanah, and on Yom Kippur, the judgment is sealed. But, repentance (Teshuvah), prayer (Tefilah), and charity (Tzedakah) can temper judgment's decree.

To aid them in their endeavor, Jews recite special penitential prayers called "Techinot" and "Pizmonim," sound the Shofar (rams horn) calling them to remember their past deeds, and fast on Yom Kippur. The period of special prayer actually begins a month prior to the High Holy Day season.

One might ask, Jew and non-Jew, "What does all of this mean to me?"

Think of it, a world where everyone respects the rights of others . . . where we consider our treatment of others . . . and make what we have done wrong. We would probably have a world based on "universal" peace, where race, religion, gender, or any other factor people have used to discriminate or mistreat others, would disappear. The Messianic dream of so many of our world's religions would finally be realized.

All having been said and done, coupled with our feelings of solemnity, resting assured that our penitence has been heard, we set out to build our "Sukkah" (booth) in observance of Sukkot (feast of Tabernacles). A "Lashana Tohva" to all, may everyone be written into the "Book of Life." Shalom.

Services for the Jewish High Holy Days will be held at the Ramstein North Chapel through Monday. Call Master Sgt. Dave Berry at 452-6360 or 480-6148 for more information.

Plan to escape — know home exits before emergency

Inge Lersch
52nd Civil Engineer Squadron Fire Prevention

The majority of fatal fires occur in the home — the very place most people feel safest.

National Fire Prevention surveys also show that most people overestimate the time they have to escape a fire. This is a dangerous assumption.

A living room sofa fire could blaze out of control in seconds and block the pathway to the front door. Stairways and upstairs halls could fill with smoke within minutes, making it extremely difficult to locate exits.

Fortunately, however, there are many ways to reduce your family's risk from fire. One effective way is to develop and practice a home escape plan.

Here's how:

- **Draw a floor plan** of your home with your family. Include all the windows and doors.

- **Plan two ways out of every room.** The first way out should be the door; the second way could be a window. Ensure windows open easily. Doors and windows with security bars need to be equipped with quick-releasing devices that everyone can operate.

- **Agree on an outside meeting place** in front of the home where every member of your household will meet. Mark your meeting place on your escape plan.

- **Install smoke alarms** on every level of your home and in or near every sleeping area. Test smoke alarms monthly and replace alarm batteries annually. Ensure all family members know the sound of the alarm and how to react immediately whenever it sounds.

- **Practice escape plans at least twice annually** by holding home fire drills. Make exit drills realistic as possible. A suggestion is to pretend some home exits are blocked by smoke or fire and practice using alternative escape routes. Remember, a fire drill isn't a race. Get out quickly, but carefully.

- **During a real house fire, once out, stay out.** Never go back inside a burning building. Call the fire department from the nearest outside phone immediately after exiting the house.

Eight out of 10 fatal fires happen at home, yet most households are unprepared for a fire emergency. So, planning and practicing your home escape plan may one day save your life and the lives of loved ones.

Call the 52nd Civil Engineer Squadron Fire Prevention office at 452-5292 or 452-5297 for more information about developing a home escape plan or questions concerning fire safety.



Community Mailbox

Breast cancer awareness

During Breast Cancer Awareness Month, October, the 52nd Medical Group and Health and Wellness Center host the following activities:

■Education materials in the Spangdahlem commissary Saturday.

■Education materials in the Bitburg commissary Tuesday.

■Free 10-minute massages 10 a.m. to 3 p.m. Tuesday and Wednesday in the HAWC.

■Cancer issues discussion Wednesday on Health Talk Radio.

■Free walk-in exams in the Bitburg OB/GYN clinic 1-4 p.m. Oct. 17.

■Discussion by a radiologist on mammograms Oct. 20.

■High school health promotion Oct. 24.

■Free walk-in exams in the Bitburg OB/GYN clinic 1-4 p.m. Oct. 31.

For more information, call the HAWC at 453-3161.

Christmas choir

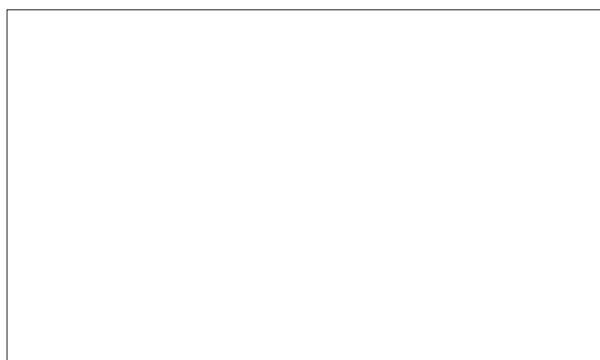
Messiah chorus rehearsals for December performances take place 3-5 p.m. each Sunday at the Spangdahlem chapel and 7-8:30 p.m. at the Bitburg chapel. Rehearsals are open to anyone wanting to join. No experience is necessary. Music books are provided.

Bulk trash

Because of the Unification Day holiday, bulk trash pick up in Spangdahlem and Bitburg military housing, and Herforst and Speicher government-leased housing, is rescheduled for Tuesday. For more information, call Tech. Sgt. Andy Harper at 452-5124.

Youth programs news

■A ribbon-cutting ceremony for the



Senior Airman Esperanza Berrios

Gridiron greats

Hannah Lynch, age 8, gets an autographed photo from former Dallas Cowboy legend, Robert Newhouse. Newhouse played with the Cowboys from 1972 to 1984. Tony Hill, Dallas Cowboys player from 1977 to 1987, also signed autographs at the Bitburg commissary Saturday. The event was done to show commissary customer appreciation.

newly renovated youth programs building on Spangdahlem takes place 10 a.m. Tuesday. Refreshments and a tour of the facility are provided.

■The Youth Programs Halloween carnival and dance takes place 1-3 p.m. Oct. 28 in the Spangdahlem youth center. Entry fee is \$1.

The pre-teen dance takes place 5-8 p.m., teens dance from 9 p.m. to midnight. Entry fee for the dances is \$2, or \$1 for those in costume. Volunteers are needed to help with carnival activities.

Call Youth Programs at Spangdahlem at 452-7852 or Bitburg at 453-6267.

Family support center news

■Children up to 12 years old are invited to watch a movie 3-5:30 p.m. Oct. 14 at the family support center.

■Spouse's day out adventure in Amsterdam takes place Oct. 21. Cost is \$40. Register for the trip at the Information, Tickets and Tours office.

■Movie night featuring, "Shakespeare

in Love," takes place 7:30 p.m. Oct. 26 at the center.

■A six-seminar series on improving family communication skills takes place at 6 p.m. Nov. 6, 8, 13, 15, 28 and 30. Participants are encouraged to attend all six seminars.

■Cooking for two takes place at 5:30 p.m. Oct. 25 in building 2001 on Bitburg. Class size is limited.

Call the Spangdahlem Family Support Center at 452-6422 or Bitburg at 453-7491 for details or to register.

Child safety seat inspections

The 52nd Fighter Wing Safety Office conducts child safety seat inspections 11 a.m. to 1 p.m. Thursday in the Spangdahlem base exchange parking lot. For more information, call Staff Sgt. Shelly Barton at 452-7233.

Poster contest

The civil engineer energy office holds an Energy Awareness Month poster drawing contest for children through Oct. 20.

Children should submit posters to their school teachers.

Judges will evaluate posters in three areas:

■Message - Energy related, clearly portrayed and apparent.

■Appearance - Neat, well organized and colorful.

■Creativity - Imaginative and original.

The best contributors will be recognized during a ceremony at 10:30 a.m. Oct. 24 in the officers' club. For more information, call Master Sgt. Tamas Szaloczi at 452-6183.

Latino night

Takes place 7:30-10 p.m. Sunday in the community activities center ballroom. Live music, Hispanic food, and refreshments are provided by the base Hispanic heritage committee. Free Salsa and Merengue lessons take place at 7:30 p.m.

Education center news

■Spouses tuition assistance applications are being accepted for Term III, Oct. 23 through Dec. 15. Deadline to submit applications is today. For more information, call 452-6063.

■The next Airman Education and Commissioning Program selection board convenes the last week in March. Application cutoff dates are Jan. 15 and Feb. 28. For more information, call 452-6063.

Eifel Holiday Bazaar

The Eifel Officers' and Civilians' Spouses' Club needs volunteers. Call Becky Robinson at 06508-917760 or Courtney Parzych at 06575-903413.

Guest speakers

Bitburg Middle School needs adults with college degrees to serve as guest speakers for its Advancement Via Individual Determination Program.

The guest speakers provide reinforcement of the skills the program uses as well as providing career information and confirmation that education never stops. Call Joanne Schenck at 453-7731 for details.

Get fit, stay fit — don't be a 'soft' target

By Col. Gregg Sanders
52nd Support Group commander

It has certainly been another exciting Olympiad. As usual, I find myself envying the athletes and wishing that I, too, could be one of them. And then I come back to reality to realized that my chance for Olympic gold has long since passed.

However, I still find myself hooked on trying to maintain an excellent physical condition. I would like to think that my stomach muscles look something like the proverbial "six pack." However, my teen-age daughters tell me that my stomach looks more like a keg. This doesn't stifle my pursuit of excellence.

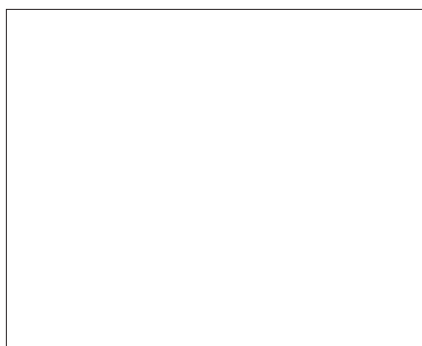
How about yourself? Do you care about your physical condition and should you?

The answer, for those of you wearing blue suits, is that Air Force Instructions give us standards we have to maintain in terms of body fat and aerobic conditioning. These standards are the minimum required for Air Force members. New recruits are highly motivated when they enter the Air Force to meet our standards. Yet, somewhere along the way, service members often lose sight of these standards. Why?

Sometimes they see more senior members of the service not maintaining the required standards of fitness. So now you're thinking, "so what?" The "so what" is that fitness has a large payback for you and our Air Force.

First of all, we are all warriors dedicated to the prosecution of war; whether you're pulling "nine-g's" in an F-16 or part of the support staff on base. You could all find yourself in a situation where your fitness is paramount to the safety and survival of others.

Remember "every airman a soldier, every airmen a sensor?"



Senior Airman Jennifer Lindsey

Senior Airman Paula Vera, 52nd Medical Operations Squadron, monitors her form in the mirror while doing a dead lift. Vera exercises at least four times weekly to control stress and keep energy levels high.

Look at Khobar Towers (the barracks bombing in Saudi Arabia), where the conditioning of the roof look-out was important as he ran from floor to floor to roust sleeping occupants from their beds. His actions saved the lives of many.

A terrorist is going to look for the softest target he can. Let's make the terrorist look for a soft, "sponge boy" target down the street somewhere else, not here in the Eifel.

Second reason; it's real simple, "look good, feel good."

Fitness is part of appearance. How you and your unit appear is a direct indication of how your unit feels about itself. Quality begets quality.

Lastly, there is a long-term benefit to you and the Air Force. Maintaining a healthy lifestyle now, fit, tobacco free and with alcohol in moderation, means you can expect good health in the future. For those of you that are just starting out your careers and believe that you'll live forever while overdoing it with the above, I urge you to think again. In my career, I've had the unpleasant experience of visiting too many active duty heart attack patients who were simply too young to be in the hospital. They were there simply because of poor lifestyle habits.

Now the good news — Spangdahlem and Bitburg both have excellent fitness facilities that can help keep you in shape. Our superb Health and Wellness Center staff can help you start a tailored program. Then, the Skelton Fitness Center's staff is there to help you complete your program. Its staff has been certified through the Cooper's Institute to provide you with important guidance on all aspects of health and nutrition.

More important than our facilities is the support of the wing. Our wing commander has repeatedly emphasized it's our duty to take the time to maintain our physical condition.

So there you have it. You have all the tools you need to get started and I hope to see you start your own program. As for me, I'll continue my pursuit of fitness whether it be commuting to work on my mountain bike or grinding out crunches in my office. I'm bound and determined to turn my keg into a six-pack.

Eifel Times

www.spangdahlem.af.mil

Spangdahlem Air Base, Germany



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Capt. Glen Roberts.....Chief, Public Affairs
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Number of days since
last DUI:

49

You have a choice. Call Airmen
Against Drunk Driving at 452-2233.

As of Thursday

Movies

All movies play at 7 p.m. unless otherwise indicated.

Bitburg Castle

Today

The Crew

There's no place like home, even when it's the ratty Raj Mahal senior citizen residence hotel in yuppie-haven South Beach, Miami. Management's plans for renovations of the building, to force higher rents and attract a classic clientele, are squeezing the tenants out. Although in the sunset of their years, it's not exactly sundown, and they hatch a seemingly simple scheme to save their retirement residence. Sexual content, violence and language.

Saturday

The Crew

Sunday

Dinosaur (PG)

Set 65 million years ago during the late Cretaceous Period, an Iguanodon named Aladar, is separated from his own species and raised on an island paradise by a clan of Lemurs. When a devastating meteor shower plunges their world into chaos, Aladar and several members of his family escape and join a group of dinosaurs searching for a safe new nesting ground. With water and food in short supply and bloodthirsty predators posing an ever-present danger, the herd faces many life-threatening obstacles during the course of their treacherous trek. Intense images.

Closed Monday and Tuesday

Wednesday

Gone in Sixty Seconds (PG)

Thursday

The In-Crowd (PG-13)

Adrien has spent time at a psychiatric hospital, learning to come to terms with a troubled past. She is looking for a quiet, anonymous life as she begins to re-enter society. Her new job on the staff of a posh country club is where she meets the "in crowd" - a clique of attractive, wealthy young people who will do anything to protect their group and the lethal secrets they harbor. Violence, sexuality, language and drug content.

Spangdahlem Skyline

Today

Art of War (R)

Saturday

Pokemon (G) (4 p.m.)**Art of War (7 p.m.)**

Sunday

The Patriot (R)

Monday

The Patriot

Tuesday

The Patriot

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 453-7541.

Gizmos galore

Moselland trade fair offers chance to try world's newest gadgets

By Iris Reiff

52nd Fighter Wing Public Affairs

Trier offers its culture, trade and entertainment all in one place during the 20th annual Moselland Trade Fair through Sunday in the Moselauen fair grounds.

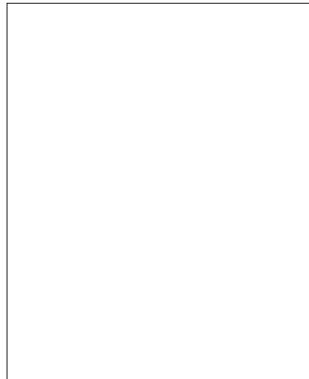
"This year's program schedule is at full capacity," said Heinz Alfred Woessner, exhibition project coordinator.

Up to 500 exhibitors from about 10 different countries offer merchandise and entertainment for everyone — small and tall — on a 12,000 square meter surface area, located right below the Roman Konrad-Adenauer bridge.

"This year's exhibition includes 11 giant halls filled with items, ranging from daily life things to specialized or high tech equipment," said Woessner.

What makes the Moselland exhibition special is that exhibitors invite people to test their equipment. Exhibitors also demonstrate their merchandise and offer visitors samples. It's not unusual for visitors to get a free massage from a vendor offering the latest technology in massage equipment.

The display is broken down into different areas of interest, including information and services, such as for tourism and telecommunications; construction and living, including construction materials, patios, furniture, etc.; sports and sporting goods; fashion and accessories; hobby and leisure equipment; home textiles and household



Iris Reiff

A Moselland Trade Fair vendor explains to a German customer how his hand-held spaghetti maker works.

items; and a special item exhibition.

Various sections refer to health, sports and wellness. Local hospital representatives offer lectures on health and related problems. People have the opportunity to receive some physical health tests or try out different health programs.

The local media to include the SWR and RPR radio stations, the local Trierischer Volksfreund newspaper and others provide live entertainment, such as talk shows and interviews, games and competitions, music,

podium discussions, plays and more. Entertainment segments are aired live on the radio throughout the event.

First-class restaurants and cafe shops offer visitors for a break from the activities. People can taste red and white wines as well as food specialties from different countries.

Parents who would like to take a closer look at some items or programs may leave their children at a kindergarten, or "Kids' Hall," which is set up inside one of the halls. Certified nurses watch the children and keep them entertained.

Americans are especially welcome to enjoy the displays and entertainment offered by the event's international audience, said the project leader.

Thousands of visitors are expected to arrive for the event at the Moselauen grounds. The fair is open daily from 10 a.m. to 6 p.m. Entry fee is 8 DM for adults and 4 DM for children ages 14 and younger, students and the physically handicapped. Parking is available nearby for 3.50 DM per car.

To get to the Moselauen grounds one must take the Autobahn into Trier and stay on the Autobahn road, which becomes the road going into Trier and along the Mosel shore. People must take a right onto the third bridge that crosses the Mosel (to the right). After crossing this bridge half-way. The fair can be seen on the right.

Out and about

■The largest farmer's market of the region takes place in Bitburg, Sunday featuring more than 30 participants, mainly vendors who will offer their products and goods. The market also includes an entertainment program featuring music by local bands, dancing performances, children's games, horse wagon rides and more. Food and beverages will be available. As a part of the event, many stores will be open in Bitburg from 1-6 p.m. Sunday. Parts of the center of town will be blocked off to traffic due to the market.

■Go nuts in Vianden, Luxembourg during the famous, annual Nussmarkt or nuts market. The market offers a variety of products all dealing with and including nuts. This market was started in 1934 and attracts many visitors from Germany and the Benelux countries every second Sunday in October.

■There will be a market Friday, from 8 a.m. to 4 p.m. at the Bitburg Beda Platz market. At this market people will be able to find anything from buttons to clothes, shoes, fruits and household goods. The Bitburg

Kram market takes place every second Friday of the month.

■An exhibition featuring surrealist art by Dali, Miro and Ernst takes place now through Oct. 31 at the Pumpspeicherkraftwerk Vianden, Luxembourg.

■Attend a flea market Sunday in front of the Kenn WalMart store, along the Kinheim Mosel shore, along the Zeltingen Mosel shore, at the Daun Forum, at the Hermeskeil fair grounds, at the Hillesheim market hall and at the Leinen Sonnenberg vacation park. Markets start selling merchandise at 11 a.m. and usually stay open until 5 or 6 p.m. depending on weather conditions. Bargaining is expected and acceptable.

■A classical concert by Francesco Tristano Schlimme on piano, in conjunction with the Luxembourg Echternach Festival, takes place at 7 p.m. Sunday in the Bitburg Beda Haus cultural center. For details and tickets, call 06561-96450.

■Visit a model-train, doll and toy auction 11 a.m. to 5 p.m. Monday at the Trier Europa hall.

■Listen to a concert by the Cologne Dom or Cathedral Girl's Choir, Sunday, at 3 p.m. at the Himmerod Abbey church. Entry is 10 DM per person.

■Attend the Trier Moselland exhibition Saturday and Sunday at the Trier Messepark. Call 0651-147230 for details.

■Music from famous operas and operettas can be heard Monday at 8 p.m. at the Schloss Malberg castle. A fire works display will follow the concert.

■Hans Klok, the world's fastest magician can be seen Oct. 22, at 8 p.m. at the Trier Europa hall.

■Join the child development center Oct. 13-14 for a Poland shopping express trip. Cost is \$65 for a single seat and \$85 for a double. There's a 12 DM border-crossing fee. Call 06561-683943 by Sunday to register.

■A crystal shopping trip to Neustadt and Karlsbad takes place Oct. 14. Cost is \$80 for a double seat. Call Adrienne Williams at 452-6487 or 0172-682-2284 for reservations and more information.

■A jazz concert ranging from traditional music to Latin-American tunes takes place Oct. 15 at the Kyllburg 'Haus des Gastes.' The concert will be performed by Boys In Jazz. Entry is 15 DM per person.

...

Information, Tickets and Tours offers the following tours in October. Call the Spangdahlem community center at 453-6567 or the Bitburg annex community center at 453-7120 for details.

■Dinner and wine probe, Oct. 14, \$35 per person.

■London express, Oct. 13-14, \$99 adults, \$89 children ages 3-12.

■Poland shopping express, Oct. 13-14, \$65 single seat, \$85 double.

■Expo 2000 last minute special, Oct. 21, \$79 adults, \$30 children.

■Paris overnight, Oct. 20-21, \$185 adults, \$130 children ages 3-12.

■Ikea furniture and home accessories store, Oct. 21, \$20 per person.

■Paris express, Oct. 28, \$89 adults, \$75 children ages 3-12.

■Brussels express, Oct. 28, \$39 adults, \$35 children.

■Halloween at Disneyland Paris, Oct. 22 and 28, \$75 adults, \$65 children ages 3-11.

■Halloween at Franken-stein's Castle, Oct. 28, \$35 per person

■Family Halloween at Franken-stein's Castle, Oct. 29, \$29 adults, \$19 children ages 3-10.

...

The outdoor recreation program sponsors the following trips in October. Call 452-7176 for details.

■Fall color bike ride on the Saar River valley, Oct. 14, \$25 with bike rental, \$20 without bike rental, minimum age is 12.

■Canoe or sea kayak the Mosel River, Oct. 15, \$25 per person, minimum age is 10.

■Beginner and inter-mediate rock climbing, Oct. 21-22, \$80 per person with camping, \$50 for non-campers, minimum age is 14.

Eifel sports world

Sports store closure

The Saber's Edge sports and bike shop closes Oct. 23-26 for renovations.

Eifel Mountain Golf

The annual Turkey Shoot Golf Tournament takes place Nov. 18. Cost is \$10 plus green fees. Call 452-6821 for details.

Run/Walk Race

The annual Turkey Trot 5k running and walking event takes place Nov. 17. Call 452-6634 for details.

Intramural Volleyball

Tryouts for team players continue through the season. Volleyball officials and scorekeepers are also needed. Call the base fitness center at 452-6634 for team information. Call Tomas Villegas at 06575-8495 to volunteer as an official or scorekeeper.

Cardiovascular workout

Aerobics classes are offered at the Spangdahlem and Bitburg fitness centers. Cost is \$25 monthly or \$3 per class. Aerobics instructors are also needed. Call the base fitness center at 452-6634 or the Bitburg fitness center at 453-7710 for class schedules or instructor information.

Coaches needed

Youth soccer and football coaches and officials are needed for the 2000-2001 season. Call youth programs at 453-6267 for more information.

Fitness Center news

Spangdahlem

■The nautilus room closes Oct. 23-26 for new equipment installation.

■The upstairs cardiovascular fitness area closes through Oct. 16 for renovations.

■Strength and resistance training classes take place 9 a.m. each Friday. Cost is \$3 per class or \$25 monthly.

■Kickboxing aerobics class takes place 6:30 a.m. each Monday and Wednesday, and 8 a.m. each Tuesday and Thursday. Cost is \$3 per class or \$25 monthly.

■Kempo and Jui Jitsu classes take place 5 p.m. each Wednesday. Cost is \$25 monthly. Call 452-6496 for details.

Call the center at 452-6634 for details.

Bitburg

■Aerobics classes take place 9 a.m. each Monday for interval aerobics, 9 a.m. each Wednesday for step aerobics, 9 a.m. each Friday for combo aerobics. Step aerobics class also takes place 6:30 p.m. each Tuesday, Wednesday and Thursday.

The Bitburg fitness center opens 11 a.m. to 7 p.m. Monday through Friday and 9 a.m. to 3 p.m. base down days and holidays. It's closed Saturday and Sunday. Call 453-7710 for details.

Barons break 18-year record

Team trio total 348 yards in passes to gain victory

By Rik Carr
Bitburg High Barons

In their second week of play, the Bitburg Baron offense set a school passing record by finding the touch in the passing game as Nick Johnson, Zach, and Charlie Pierce teamed up for 16 of 24 passes for 348 yards.

This eclipses the old record set in 1982 by George Pedersen, who threw for 343 yards. Although Pedersen performed his feat solo, the record for yardage still goes to the trio of Johnson, 10 of 16 for 183 yards, Pierce, four of six for 111 yards, and Pierce, two of two for 32 yards.

The coaching staff was pleased to see the shotgun offense get into high gear and produced what it's suppose to — lots of yards. Split end Travis Carr was the star receiver, hauling in six passes for 138 yards and three touchdowns.

With the passing game in high gear, the running backs didn't want to be left out. Therefore, Jason Moss answered with three rushing touchdowns of 48, 14 and 11 yards.

Combining the high-powered offense with a stingy Baron defense lead to win No. 2 as the Barons stomped on International of Brussels 40 -12 for their last non-conference game of the season.

This was a game the Barons were looking for as they tune-up their offense and defense to defend their 1999 title and their conference opener tonight at Allied Forces North in a game under the lights in Brunssum, Belgium.

It didn't take long for the Barons to strike in Saturday's game. On the fourth play of their first possession, Moss took a reverse around the end and pulling guard Josh Cooke cleared the way for a 48-yard score. Nick Johnson split the uprights

for a 7-0 lead.

A few penalties and breaks gave the home team Raiders a lift and a score, but the Baron pressure on the PAT forced it to go wide and the first quarter ended in a 7-6 Baron lead.

The Barons came alive in the second quarter scoring three times, two runs by Moss and a catch by Carr, as the Barons led 28-6 at the half.

Second half action was more of the same as the Barons came out and scored quickly in the first part of the quarter then finished it off with their starters on a late third quarter score by Carr.

The fourth quarter belonged to the reserves as they showed the Raiders they, too, were a force to be reckoned with.

Defensively, the Barons shut down a big-back running game and only allowed 76 rushing yards. Eddie McCormick led all defenders with eight tackles, a quarterback sack and knocked down a pass. Reserve strong safety Braden Blake made five consecutive tackles, shutting down the rushing attack of ISB. Nose Guard JD Alvarado scooped up his second consecutive fumble recovery and set up a Baron score.

Kicker Jed Balliett kept the Raiders consistently deep in their own territory with solid kick-offs, and special team performers Ahmed Lee and Ernest Burr made sure the Raiders kept on their own side making solo, open-field tackles on the returns. Johnson also showed his punting abilities as he punted only twice for 106 yards and a 53-yard average.

In junior varsity action, it was a short one-quarter game that the Barons won 7-0. The lone score came on a reverse by James Kahle and kicker Andy Flores split the uprights for the 7-0 win. Mike Black led the defense with four solo tackles.

Going for win No. 3, the Barons travel north to play a 6:30 p.m. game at the Allied Forces North High School field. The Barons return to their home field Oct. 14 in a conference game with kick off at noon for the varsity team.

Band member tackles mountains

By Staff Sgt. Jon Linker
U.S. Air Forces in Europe Band

SEMBACH AIR BASE, Germany

— You might consider Air Force Staff Sgt. Jay Nordeen a modern-day Clark Kent.

By day, Nordeen is a mild-mannered bass player for the U.S. Air Forces in Europe Band at Sembach Air Base, Germany. It's a job that requires keen ears, nimble fingers, a light touch and plenty of finesse. Off duty, however, Nordeen becomes a daring, attacking, athletic demon-on-wheels, and one of the top mountain bikers in the U.S. military. All without benefit of a cape or phone booth.

"Most people have this look on their face like — you're in the band?" Nordeen said of his fellow racers' reaction at learning his profession. "I don't think most people think of musicians as being athletic."

Nordeen is only too happy to smash that stereotype. This year, the 36-year-old won his age class in five of the six races he entered in the U.S. Forces Mountain Bike Challenge, finishing

second in the other. The nine-race series began back in April and ended Labor Day Weekend with a win in the Fat Tire Spectacular, in Garmisch, Germany. He came in second-place overall in the series point standings because he missed three races due to job commitments.

"I told myself that every race I go to I will win," Nordeen said.

Nordeen says the key to his success may be the bold way he attacks a course. He's certainly not afraid to take a few spills and has the bruises and scars to prove it.

"That may be what separates a good mountain biker and a great mountain biker," Nordeen said. "The fear factor."

This November he'll be taking his



U.S. Air Force photo

Jay Nordeen, a staff sergeant with the U.S. Air Forces in Europe Band, won five of six races he entered in the U.S. Forces Mountain Bike Challenge in Europe.

talents to Anchorage, Alaska, where he's joining the U.S. Air Force Band of the Pacific at Elmendorf Air Force Base. He plans to take his bikes along and jump in wherever he can find a race. Rest assured, it probably won't be long before competitors in Alaska are giving Nordeen that same funny look and asking, "You're in the band?"